

Class Schedule

Begins January 1, 2022



January 2022 Class Schedule

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			
Floor A	Floor B	Box	Floor A	Floor B	Box	Floor A	Floor B	Box	Floor A	Floor B	Box	Floor A	Floor B	Box	Floor A	Floor B	Box	
	10:00 - 10:55 Bags & Bells 13yrs - Adult In-Studio Only						10:00 - 10:55 Bags & Bells 13yrs - Adult In-Studio Only						10:00 - 10:55 Bags & Bells 13yrs - Adult In-Studio Only		9:00 - 9:55 Krav (All Levels) 13yrs - Adult In-Studio & Zoom	9:15 - 9:45 Kitties 2 - 3.5 yrs w/ parent In-Studio Only		
11:00 - 11:55 Krav (All Levels) 13yrs - Adult In-Studio & Zoom			11:30 - 1:00 Open Mats / Open Gym Members Only			11:00 - 11:55 Krav (All Levels) 13yrs - Adult In-Studio & Zoom			11:30 - 1:00 Open Mats / Open Gym Members Only			11:00 - 11:55 Krav (All Levels) 13yrs - Adult In-Studio & Zoom		10:00 - 10:45 Tiger Tots 3.5-5 yrs In-Studio Only	10:00 - 10:25 Bags In-Studio & Zoom 10:30 - 11:15 Sparring / Fight Tactics 13yrs - Adult In-Studio Only	10:00 - 10:25 HIT FIT 13yrs - Adult In-Studio Only		
	12:05 - 1:00 Muay Thai 13yrs - Adult In-Studio & Zoom						12:05 - 1:00 Muay Thai 13yrs - Adult In-Studio & Zoom					12:05 - 1:00 Muay Thai 13yrs - Adult In-Studio & Zoom			12:00 - 12:45 Lions 5-7 yrs In-Studio & Zoom	12:00 - 12:45 Dragons 7-12 yrs In-Studio & Zoom		
4:00 - 4:45 Tiger Tots 3.5-5 yrs In-Studio Only	4:00 - 4:45 Lions 5-7 yrs In-Studio & Zoom	4:00 - 4:25 HIIT Fit in-studio only	4:00 - 4:45 Kitties 2-3.5 yrs (w/ parent) In-Studio Only	4:00 - 4:45 Lions 5-7 yrs In-Studio & Zoom		4:00 - 4:45 Dragons 7-12 yrs In-Studio & Zoom	4:00 - 4:40 Essentials 13yrs - Adult In-Studio & Zoom		4:00 - 4:45 Lions 5-7 yrs In-Studio & Zoom	4:00 - 4:45 Little Dragons 7-9 yrs In-Studio & Zoom		4:00 - 4:45 Tiger Tots 3.5-5 yrs In-Studio Only	4:00 - 4:30 HIIT FIT in-studio only					
5:00 - 5:45 Little Dragons 7-9 yrs In-Studio & Zoom	5:00 - 5:45 Big Dragons 10-12 yrs In-Studio & Zoom	4:30 - 4:55 Restore in-studio only	5:00 - 5:45 Dragons 7-12 yrs In-Studio & Zoom	5:00 - 5:55 BBC Dragons Invite Only In-Studio & Zoom		5:00 - 5:45 Tiger Tots 3.5-5 yrs In-Studio Only	5:00 - 5:45 Lions 5-7 yrs In-Studio & Zoom	5:00 - 5:25 HIIT FIT in-studio only	5:00 - 5:45 Big Dragons 10-12 yrs In-Studio & Zoom	5:00 - 5:40 Essentials 13yrs - Adult In-Studio & Zoom		5:00 - 5:45 Lions 5-7 yrs In-Studio & Zoom	4:30 - 5:00 Restore in-studio only		1:30 - 5:00 Seminars, Belt Tests, Birthday Parties			
6:00 - 6:40 Essentials In-Studio & Zoom	6:00 - 6:25 Bags In-Studio & Zoom		6:00 - 6:55 Krav Teens 12-15 yrs In-Studio & Zoom	6:00 - 6:55 Muay Thai 13yrs - Adult In-Studio & Zoom		6:00 - 6:55 BBC Dragons Invite Only In-Studio & Zoom	6:00 - 6:25 Bags In-Studio & Zoom		6:00 - 6:55 Krav Teens 12-15 yrs In-Studio & Zoom			6:00 - 6:45 Dragons 7-12 yrs In-Studio & Zoom	6:00 - 6:25 Bags In-Studio & Zoom					
6:30 - 7:25 Ground 13yrs - Adult In-Studio Only			7:00 - 7:55 Krav (DO I) 13yrs - Adult In-Studio & Zoom	7:00 - 7:55 Krav (DO II) 13yrs - Adult In-Studio & Zoom		7:00 - 7:30 Krav (All Levels) 13yrs - Adult In-Studio & Zoom			6:30 - 7:25 Muay Thai 13yrs - Adult In-Studio & Zoom									
						7:30 - 8:25 Ground 13yrs - Adult In-Studio Only			7:30 - 8:25 Krav (All Levels) 13yrs - Adult In-Studio & Zoom									

PROGRAMS

KITTIES (2-3.5 YRS, w/ Parent)
TIGER TOTS (3.5-5 YRS)
LIONS (5-7 YRS)
DRAGONS (7-12 YRS)
TEENS (12-15 YRS)
ADULTS (16+ YRS)

- Classes hosted in-studio & virtual
 - In-Studio Classes:
Limit 14 participants at a time
 - Must Pre-register through Spark Member app
- 30 & 60 min Private Lessons available by reservation

Scan QR Code to reserve Free Starter Class

